

Salem County Health Newsletter



www.cshealth.org

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Healthy Winter Travel

Whether you are travelling to see a loved one, enjoy the season or escape the winter weather, there are precautions you should take to make sure you have an enjoyable trip and stay healthy when you return!

One of the most important things you should do every year to protect your health is to get a flu shot. The flu effects thousands of people every year and spreads very easily, especially in

close spaces like airplanes or trains. If you are going overseas, check with your doctor to make sure there are no required vaccinations for travel. You should only travel if you feel well to prevent further spread of illness to others.

Before you leave, make sure to put together a health kit with items such as fever reducer, tissues, hand sanitizer and any other essentials you would need if someone was to get sick while you were

away. While on your trip, remember to wash your hands often, especially when out and about. Also, cough and sneeze into a tissue or your sleeve, never your hands! Avoid touching your eyes or mouth and avoid people who are sick.

For more information about any of these tips, go to CDC.gov/travel. Have a safe and healthy trip!



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Condition Spotlight: High Cholesterol

Eating healthy is not just good for the waistline, it can also add years to your life by lowering your risk of serious heart conditions!

Cholesterol is a waxy substance that is made in small levels in the body and also comes from animal products such as meat, milk and eggs. Over 100 million Americans have cholesterol levels above healthy range, which is a reading of 200 mg/dl. Anything above 200 mg/dl can lead to build up in your arteries, which effects your circulation, and can lead to vision problems, heart attack and stroke. High

cholesterol can be hereditary but cholesterol often comes from the food we eat. If you have a combination of a poor diet and family history, chances are your levels are high. Young children can have high cholesterol levels because of either of these reasons.

You should have your cholesterol levels checked at least every 5 years and more often if you have high readings. A total cholesterol reading will give your cholesterol levels for the past three days while a fasting lipid test will give you a more precise reading of your good and bad chole-

sterol as well as your triglyceride levels.

A healthy diet and exercise can help prevent or improve high cholesterol levels. Eating low fat and high fiber foods can lower levels. There is also medication available that is shown to lower cholesterol..

Contact your doctor if you have a family history of high cholesterol and find out what your levels are. For more information go to cdc.gov.



Winter

Preparing for Winter Weather

Although winter has been mild so far, after last year, we know the impact some flurries can make! Emergency preparedness should be a year long process. Winter weather means different situations to be prepared for at home, work and especially in your vehicle! The following are steps you should take to prepare before a winter storm hits.

- Service chimneys and any other emergency heat sources, also check smoke and carbon monoxide detectors
- Schedule maintenance for your vehicle
- Put antifreeze in you windshield fluid
- Keep gas levels in your car close to full
- Check your emergency kit supplies

For more information on what to do before, during and after a storm, check out BT.CDC.gov

Dry Skin

Winter weather is harsh on skin and can often lead to dry skin. Although somewhat harmless, it can be bothersome and could also lead to irritated skin which is more prone to infection. Most people know to moisturize and stay well hydrated but there are some other tips you can follow!

- Keep baths and showers short
- Don't use hot water for showers
- Pat your skin dry, don't rub!
- Use a humidifier, especially with forced-air heating systems

If these home methods don't help, contact your doctor. Another condition could be the cause of your condition! For more info go to nlm.nih.gov

Eating Healthy: Chicken Lettuce Wraps

With another new year upon us, many of us are trying to eat healthier and even more of us are trying to save money! One of the way you can do both is to eat at home. This recipe is a great copycat of a popular appetizer. Since it's cheaper at home, you can double the recipe and have them for dinner!



Photo & Recipe Courtesy
IowaGirlEats.com

Ingredients

1lb ground chicken breast
1/2 medium onion, minced
salt & pepper, a dash of each
2 large cloves garlic, minced
1 inch knob fresh ginger, peeled & minced
1 Tbs sesame oil
2 1/2 Tbs soy sauce
1/2 Tbs water
1 Tbs natural peanut butter
1/2 Tbs honey
1 Tbs + 1 tsp rice vinegar
2 tsp chili garlic sauce (or more)
3 green onions, chopped
1/2-8oz can sliced water chestnuts, drained & chopped
1/4 cup peanuts, chopped
10-12 large outer lettuce leaves, rinsed and patted dry

Nutrition (1/3 Recipe)

Calories: 225 Total Fat: 14 g Sat. Fat: 2 g Cholesterol: 14 g Sodium: 781 g Potassium: 341 g Total Carbohydrate: 16g Fiber: 3 Sugars: 7 Protein: 11.5 g

Directions

1. Heat a large, non-stick skillet on high. Add chicken, onion, salt & pepper, and cook until chicken is nearly done, stirring often to break up the meat. Add in minced garlic and ginger, and continue cooking until chicken is no longer pink.
2. Meanwhile, in a microwave safe bowl, combine sesame oil, soy sauce, water, peanut butter, honey, rice vinegar, chili garlic sauce and pepper. Microwave for 20 seconds, then stir until smooth. Add into the skillet and stir to combine.
- 3 Add green onion and water chestnuts into the skillet then cook for 1-2 minutes until the onions are soft and the water chestnuts are heated through.
4. Sprinkle with chopped peanuts, and serve with cold lettuce leaves